

5 A Day Recipes

Snacks

Applesauce

Serves 6

- 2 pounds apples
- ½ cup sugar, or to taste (optional)
- water

Wash and quarter apples. Discard stems and blossom end.

Microwave: Combine apples and water in a three quart bowl. Cover, cook 8 to 10 minutes, stirring halfway through cooking period.

Range: Combine apples and water in a heavy saucepan. Cover, bring to a boil and simmer over low heat, stirring often, 15 to 20 minutes, until tender.

Force fruit through a sieve or food mill. Add sugar to taste while hot.

This is an official 5 A Day recipe, and provides six people with one serving of fruit each.

Recipe provided by the New Jersey Department of Agriculture from "the Apple Kitchen Cookbook".